

From "[The Seven Principles for Making Marriage Work](#)" (Gottman & Silver, 2002)

Step 1: With a close friend or romantic partner

Each of you take a piece of paper and pen or pencil. Together, randomly decide on 10 numbers between 1 and 20. Write the numbers down in a column on the left-hand side of your paper.

Step 2: Below is a list of numbered questions. Beginning with the top of your column, match the numbers you chose with the corresponding questions. Next, each of you ask your partner their questions taking turns alternating who is asking the questions.

If your partner answers correctly (you be the judge), he or she receives the number of points indicated for that question, and you receive one point. If your partner answers incorrectly, neither of you receives any points. The same rules apply when you answer. The winner is the person with the higher score after you've both answered all your questions. However, you're both winners because by getting to know each other on a more intimate level, you will subsequently increase the quality of your relationship.

1. Name two of my closest friends besides you. (2)
2. What was I wearing when we first met? (2)
3. Where was I born? (1)
4. When is my birthday? (1)
5. Who is my favorite relative? (2)
6. What is my fondest unrealized dream? (4)
7. What is my favorite time of day to have dinner? (3)

8. What was one of my best childhood experiences? (2)
9. What do I like most to do with my time off? (2)
10. What is my favorite movie? (2)
11. What do I fear most? (4)
12. What time do I prefer to go to sleep? (2)
13. What medical problems do I worry about most? (2)
14. What is my favorite restaurant? (2)
15. Name one of my favorite novels. (2)
16. Name two of the people I admire most. (4)
17. What is my favorite sports team? (3)
18. What was my most embarrassing moment? (3)
19. Do I prefer flowers or candy? (2)
20. What is my favorite holiday? (2)

Play this game as your homework assignment for the weekend. You can also make up additional questions of your own. The more you play, the more you'll come to understand the concept of a "love map" (or "friendship map" and the kind of information that you should know about your close friends or romantic partners.

Please report on how this went and what you got out of it in your Sunday email comments to Brian.